

BELLEVUE NETWORK ON AGING  
REGULAR MEETING  
MINUTES

September 1, 2011  
8:30 a.m.

Bellevue City Hall  
Room 1E-112

MEMBERS PRESENT: Richard Englund, Jullie Gray, Jeanne Grote, Howard Katz,  
Merle Keeney, Bob Megargel, Bill Merriman, Eileen  
Rasnack, Lynne Robinson, Berta Seltzer, Cindy Sharek,  
Diana Thompson

MEMBERS ABSENT: Beverly Heyden, Hannah Kimball, Blake Werner

STAFF PRESENT: Cathy VonWald, Department of Parks & Community  
Services, Liz Krzyminski, COB Code Enforcement

OTHERS PRESENT: Andi Lynn Nelson, Overlake Senior Care

RECORDING SECRETARY: Teri Ekstrom

WELCOME AND ROLL CALL

The meeting was called to order at 8:30 a.m. by Chair Rasnack who presided. All committee members were present with the exception of Beverly Heyden, Hannah Kimball, and Blake Werner.

APPROVAL OF MINUTES

A. August 4, 2011

There was a motion to approve the minutes as written. The motion was seconded. The motion was approved unanimously.

AGING YOUR WAY PRESENTATION

Joanne Donahue, Senior Services, Aging Your Way was introduced. She stated that the purpose of Aging Your Way is to serve the well being of future generations through a neighborhood-based mutual support system. It is really all about community and a strong desire for people to be connected to their community. The approach is: aspirations rather than needs (which motivate people to action), place-based organizing with boomers (different geographic areas – more manageable), and vision to action gatherings. The goal of each meeting it to come up with specific action ideas and move them forward.

An example of an Action Team that was formed is the group that wants to get Time Bank started in Shoreline. This illustrates that when people care about something that they can get things started. You can tap into the contacts that each person has and move forward. Many small scale acts will scale up to something bigger. It brings people together across generations and groups. It is a fun evening that brings people together.

We “engage the right brain” with the drawings that we have people do at events. We encourage people when visioning to draw them. It unleashes new thoughts and ideas. At each event there is a drawing to capture the event.

The results we have had so far are: 8 place-based and 1 identity-based gatherings, 600 people attended, 10 action teams have been formed, nearly all sectors are well-engaged and we have reached beyond our “usual” partners.

Some of the key insights are: this is not just about aging – it’s about community, people support what they create, we focus on what is working and people get more motivated and it fosters community building, importance of conversation – this is how people discover what they care about, boomers are very open to using technology to facilitate connection with others. Action Teams are relying on technology to make it work.

Mr. Katz commented that he was recently at a meeting and it was discussed that it is a big issue that seniors do not meet up/communicate with others in their community. Ms. Donahue said that the Action Teams have a real community focus. It is possible to put yourself out there and connect. Ms. Thompson clarified that the population of seniors that they were talking about (at the meeting Mr. Katz mentioned above) were the seniors that live in condominiums.

The current Action Teams formed are: Timebanks, World Dance Parties, Lifelong Learning Clearing House, Storytelling (for advocacy purposes), Walkability, Natural Environment, Alternative Housing, Block Parties, Neighborhood Clean-ups, LGBT Actions Teams – raising awareness to the LGBT community.

The next steps for “Aging Your Way” are three gatherings in South King County and there will also be a Summit on March 21<sup>st</sup>.

The purpose of the Summit is to take all of the ideas from the 12 gatherings and inform people what the community came up with. There will be agencies and funders present that can hopefully move the agenda forward. The Summit breakout sessions are: Community Connections, Sustainability/Local Economy, Transportation, Lifelong Learning, Housing, Health & Fitness, Built Environment, and Arts & Entertainment.

Mr. Katz stated that when the tolling on 520 starts, caregivers will be affected when they bring clients to University of Washington. He said that the seniors can’t afford this extra cost. He thought this point should be brought up at the Summit. Ms. Robinson said that most of those doctors do have offices on the Eastside also.

Ms. Robinson said that she supported what “Aging Your Way” is doing. She likes that people are brainstorming to see what works and building on that.

Ms. Thompson stated that there is an issue with limited driver’s licenses and seniors. She didn’t know if limited licenses were available in the State of Washington. If you have to stop driving you lose your independence. Limited licenses should be available.

Mr. Englund said it was exciting to hear about the Action Teams. He was wondering how they are sustained over years. Ms. Donahue said that some evolve. Some issues might not be relevant 5-10 years from now. Senior Services provides staff to help sustain this. We work with community to get meetings convened and connect them with resources. This is how we can sustain this. Mr. Englund said that he noticed that the National Night Out is a great function to get community together.

Mr. Katz reported that the issue with seniors taking shopping carts off store premises is big. He wanted to give Ms. Donahue a heads up on this. She told him that he should attend the Summit. He also stated that the Senior Services fundraiser is coming up. He has two tickets to attend but will be out of town if anyone is interested. It was noted that the Senior Services Aging Your Way website has a list of events coming up.

BREAK

## LIFE IN MOTION DVD PRESENTATION

Michelle Zeidman, KC Mobility Manager at Hopelink was introduced. She showed the “Life in Motion” DVD. You can find this DVD at <http://www.youtube.com/user/KCMobilityCoalition>. She said that they brought in a consultant who met with people in regard to transportation and then did the DVD and also a “Life in Motion” book. You can find the book at [www.kingcounty.gov/mobilitycoalition](http://www.kingcounty.gov/mobilitycoalition). Additional stories can be found on the website also. This is great information for those who can’t drive anymore. It allows them to see what transportation services are available to them. She said they have transportation brochures/maps available for all of King County or just the Eastside showing what services are available.

Ms. Thompson asked if our group could show the DVD? Ms. Zeidman indicated that the DVD is on UTube and you can access it that way or you can check out the DVD from Alex O’Reilly who has a copy.

Mr. Katz asked if King County Mobility was going to be involved with the issue of shuttles from the Eastlink stations to the hospitals. She encouraged Mr. Katz to connect with Alina Aaron and others that are working on the location and design of the stations. She indicated that now would be the time to look at this issue.

## COMMITTEE REPORTS

### A. Housing (reported by Jeanne Grote)

We had a presentation by PACE who works with seniors and takes them the PACE location for services, doctors office, etc.. They were looking at the possibility of PACE being available at Evergreen Court.

#### B. Outreach (Jeanne Grote reporting)

We discussed the Vial of Life and how we can use them at the outreach events. We did the Farmers Market on August 20<sup>th</sup> and it was a great event.

Mr. Megargel said that they have been communicating with Hawaii Aging Senior Services (Hawaii State Council on Aging). The Hawaii contact e-mailed some information for the group. We went over the initiatives that they are doing. They don't know how to deal with group homes. This is one area that we can work with them on. Ms. VonWald said she would send out the information they received from Hawaii to the whole group.

There will be a special Outreach Committee Meeting on September 15<sup>th</sup> from 1:30-3:30 in Conference Room 1E-109. Overlake, Group Health, Evergreen, and Swedish hospitals will be meeting with them. The agenda that day will include presenting a revised version of the ARCH Housing presentation. They will be meeting after the meeting today to discuss what else will be discussed at the meeting.

Ms. Grote indicated that she saw an article regarding the Vial of Life. Back East they have Vials of Life in the car with a sticker on the windshield indicating it is present.

#### C. Advocacy (Diana Thompson reporting)

Reminder – November 2<sup>nd</sup> is the Legislative Forum here at Bellevue City Hall from 4:00-6:00 in Conference Room 1E-108. Bellevue Network on Aging is hosting it with the Kirkland Senior Council. Please mark your calendar. Ms. VonWald will be sending out invitations to the legislators, city councils, advisory boards, mayors, etc. Ms. Thompson said there would be a brief opening speech by mayors, and she said we wouldn't have our legislative agenda finalized to present. Ms. VonWald stated that the legislative agenda could be approved at the meeting in October so that we can share it with them then. Ms. Thompson said they were planning on having a resource table at the Forum also to make people aware of our recent accomplishments.

Ms. Thompson said that hospital observation status is on the BNOA agenda and it is so complicated that we don't really have a handle on it. It is a large issue. There was an idea to have Bellevue and Kirkland do a presentation on Medicare rights. It could be done at the Kirkland or Bellevue Senior Center. AARP might be able to provide information to help people avoid problems. It is an outreach issue. There are major issues in regard to this so people can get coverage. Ms. Nelson, Overlake Senior Care asked whether the group might be interested in having an Overlake person come talk about this issue from a hospital perspective.

Ms. Rasnack stated that the Human Services & Veterans Levy is still open to comment. You can comment on where you would like to funding to be allocated.

## COMMUNITY PARTNERSHIP REPORTS

### A. Transportation Update (Berta Seltzer reporting)

On August 15<sup>th</sup> Ms. Seltzer attended the Transportation Action Workshop. There were two breakout sessions: 1) Imagine the world as you would want it in regard to transportation, and 2) prioritizing and developing strategies action plans. We will be studying the circulator and bring it all to some type of logical resolution.

### B. City of Bellevue Initiatives - None

### C. Eastside Human Services Forum – None

### D. Eastside Time Bank (reported by Jeanne Grote)

The Eastside Time Bank currently has 75 members. They are currently contracting with Senior Services to help them with payroll, fundraising, etc. We are helping other area groups that are forming. The potluck is the 2<sup>nd</sup> Thursday of every month and this month it is at North Bellevue Community Center. The site of the potluck alternates between Kirkland, Bellevue and Redmond. They are doing really well.

## OTHER BOARDS/COMMISSION REPORTS - none

## STAFF REPORTS

Ms. VonWald thanked all of the volunteers who worked at the Farmers Market and Mr. Megargel for putting up the tent. It was a good event and it was great weather.

There is another Outreach opportunities on October 13<sup>th</sup> from 10:00-3:00 at North Bellevue Community Center's Chinese Information Resource & Referral Resource Fair. Let Ms. VonWald know if you can work at the event.

## NEW BUSINESS

Ms. Thompson stated that she would like to write to the Department of Licensing (DOL) in regard to the licensing issue she talked about earlier. She would like to ask about licensing options.

Mr. Katz said maybe we should approach the DOL with the idea of the Vial of Life information being attached to a person's registration. It was stated that this sounded like an Outreach Committee issue. It can also be discussed at the BNOA Retreat. Ms. Thompson said that the Vial of Life information is in wallet form and could meet this need. Ms. Gray said that she worked in the ER and it wasn't very often that this information was an issue. It was then decided to ask the group from the hospitals when they meet.

## PUBLIC COMMENTS/QUESTIONS

Ms. Nelson, Overlake Senior Care, said that they often get calls regarding senior driving. A driving evaluation can be done and it is then sent to the doctor. The doctor can send it to the Department of Licensing. Ms. Krzyminski, Code Enforcement said that Police, Fire, or for that fact anyone can request a driving retest for someone.

## UPCOMING AGENDA ITEMS

October – Gwen Rousseau presentation on updated demographics

November – Rob McKenna

December – Year End Celebration

Ms. VonWald stated that the Nominating Committee is under way and the position advertising should go out next week.

## ADJOURN

The meeting was adjourned at 10:15am.